

## Egg Salad III

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 eggs
- 1 teaspoon pepper black
- 0.5 cup mayonnaise
- 0.3 teaspoon paprika
- 2 tablespoons pimiento stuffed olives green chopped

### Equipment

- bowl
- sauce pan

potato masher

## Directions

- Place eggs in a medium saucepan with enough cold water to cover, and bring to a boil. Cover saucepan, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool, peel, and chop.
- In a large bowl, mix eggs, mayonnaise, pepper, and paprika. Mash with a potato masher or fork until smooth. Gently stir in the olives. Refrigerate until serving.

## Nutrition Facts

**PROTEIN 14.3%** **FAT 84.04%** **CARBS 1.66%**

## Properties

Glycemic Index:12.13, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:5.4991304038659%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 161.82kcal (8.09%), Fat: 14.98g (23.04%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.26g (0.29%), Cholesterol: 169.56mg (56.52%), Sodium: 182.67mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.47%), Vitamin K: 23.44µg (22.32%), Selenium: 13.86µg (19.81%), Vitamin B2: 0.21mg (12.06%), Phosphorus: 90.73mg (9.07%), Vitamin B5: 0.7mg (7.04%), Vitamin B12: 0.41µg (6.81%), Vitamin E: 1.02mg (6.79%), Vitamin D: 0.91µg (6.05%), Vitamin A: 286.71IU (5.73%), Folate: 21.51µg (5.38%), Iron: 0.85mg (4.7%), Zinc: 0.6mg (3.97%), Vitamin B6: 0.08mg (3.93%), Calcium: 28.05mg (2.81%), Manganese: 0.05mg (2.31%), Copper: 0.04mg (2.03%), Potassium: 69.11mg (1.97%), Magnesium: 6.18mg (1.54%), Vitamin B1: 0.02mg (1.33%)